

The red line does not print.  
It is to show you where to cut.

Ka hor inta aadan  
oggaanin

## adiga waad ogtahay

### Ku kalsoonoow dareenkaaga...

Ka hor inta aadan oggaanin waxa khaldan, waxaad ogtahay in aanan wax sax ahayn.

- Adigu waad ogtahay nafsadaada. Adigu waad ogtahay saaxiibadaada. Adigu waad ogtahay qoyskaaga. Qofkee kale ayaa oggaanaya haddii aanan wax sax ahayn?
- Ha iska indho tirin isbedelada waawayn ee ku dhaca darajooinka iyo dhaqanka. Waxaa jiri karta mushkilad wayn.
- Dhiiragelin iyo taageero ka timaada saaxiibada iyo qoyska ayaa farqi wayn ka dhigi kara haddii uu qofku helayo caawimaad iyo haddii uusan heli karin.

Baaritaanada caafimaadka maskaxda waa in ay qayb ka noqdaan booqashooyinka caafimaadka fiicnaanshaha marwalba ah, gaar ahaan dadka waawayn iyo dhallinyarta.

Xanuunka nafsiga ah ama cuqdad nafsiwu waa marka dhallinyarku ay ku adkaato in uu kala garto waxa dhabta ah iyo waxa aan dhabta ahayn. Waxaa lagu tilmaamaa in wax xiriir ahna lala noqon waayo dhabta.

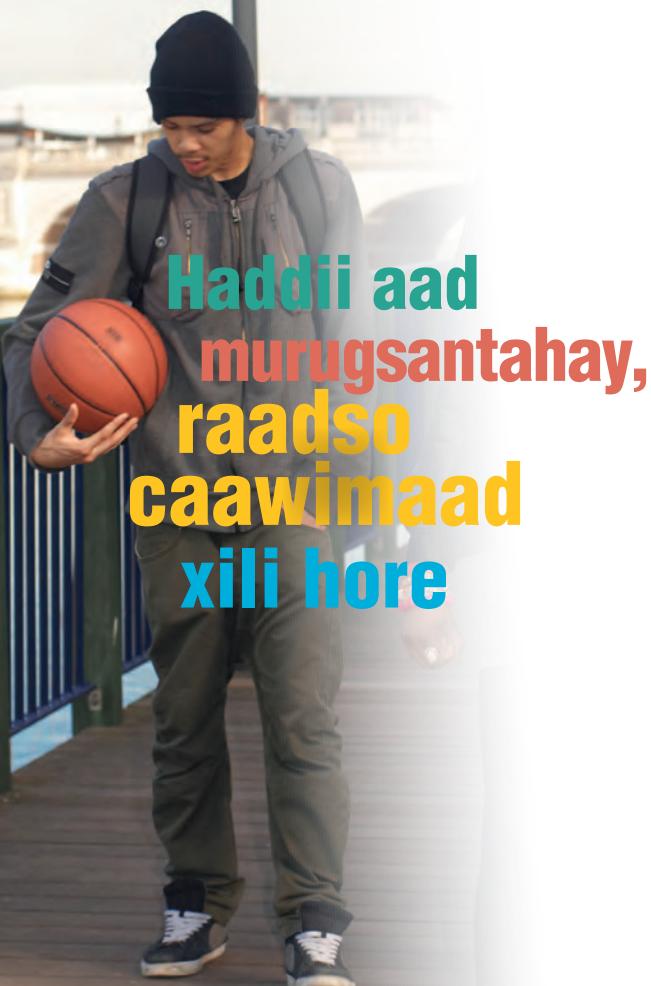
- Dhalinyarada iyo kuwa waawayn, cuqdad nafsiwu waa mid kaga baddan dadka ku tiirsan-daawada sonkoroowga insuliinta (asaga oo saamaynaya kudhowaadkii seddex qof boqolkiiba).
- Badi dadku waxay la kulmaan cuqdad nafsiwu ama xanuunka nafsaaniga ahi marka ugu horeysa inta u dhaxaysa da'oyinka 15 iyo 25.
- Waxyaboo baddan ayaa sababi kara cuqdad nafsiwu, sida:
  - Daawo lasoo qoray
  - Daroogo
  - Xaalado caafimaad
  - Hurdo la'aan
  - Walaac ba'an

### Ma aragtay labbo ama ka baddan oo calaamadahaan digniinta ah?

- Hoos u dhac darajooinka ah, ama in aad dhibaato ku qabto samaynta waxyaboo awol hore fudeyd kuu ahaan jiray
- Hab dhaqan cusub ama waxyaboo shakhsiyadaada aadan ku aqoon jiray oo kugu cusub
- In aad aragtid ama maqashid waxyaboo aan dadku kale arkin ama maqlin
- In aadan hurdin maalmo oo dhan

Sida sonkoroowga oo kale, xanuunka nafsiwu ah ama cuqdad nafsiwu ma ahan mid-dadka lagu takooro qofkastana wuu ku dhici karaa.

Ha sugin,  
Barro inbadan,  
Raadi caawimaad  
xili hore.



Haddii aad  
murugsantahay,  
raadso  
caawimaad  
xili hore

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## maxaa khaldan

*Washington*  
**Recovery Help Line**  
24-Hour Help for Substance Abuse, Problem Gambling & Mental Health  
**1.866.789.1511**  
(206.461.3219 TTY)

### Nala soo xiriir hadda

(866) 789-1511  
(206) 461-3219 (TTY)  
Waxaa la helayaa turjubaan luuqad  
recovery@crisisclinic.org

### Caawimaad loogu talogalay dhallinyarada

Linkiga Dhallinyarada:  
khadka caawimaada u jawaabida-dhallinyarada sirta ah  
Fiid kasta 6:00 - 10:00 habbeenimo  
(866) 833-6546  
recovery@crisisclinic.org  
teenlink@crisisclinic.org

[www.dshs.wa.gov/GetHelpEarly](http://www.dshs.wa.gov/GetHelpEarly)



Cuqdad nafsi waa mid la daawayn karo. Dad baddan waxay ka ficnaadaan fadhiga koowaad ee cuqdad nafsiiga ama xanuunka nafsaaniga ah mana la kulmaan weligooda fadhi kale oo cuqdad nafsi ama xanuun nafsaani ah.

Soo dhexgalka xiliga hore waxaa laga wadaa natijjooyin wanaagsan.

**Raadso caawimaad xili  
hore.**

**Wax  
ayaaa  
khaldan**

**Ha sugin, barro  
ibadan, raadso  
caawimaad  
xili hore.**